

1. The tradition at a hospital dictates that oral temperatures are included in every set of client vital signs, regardless of diagnosis or acuity. Which phenomena is mostly likely an example of this statement?
 - A) The prioritization of internal evidence over external evidence
 - B) Practice that lacks evidence to support its application
 - C) The integration of personal expertise into nursing care
 - D) Evidence-based practice (EBP)

2. The certified nurse educator on a postsurgical unit has recently completed a client chart review after the implementation of a pilot program aimed at promoting early ambulation following surgery. Which component of EBP is the nurse employing?
 - A) Patient preferences
 - B) Research utilization
 - C) Experience
 - D) Internal evidence

3. A nurse has observed that reorienting demented clients as frequently as possible tends to minimize the clients' level of agitation in the evening. The nurse has shared this observation with a colleague, who is skeptical, stating, "It's best to stick to evidence-based practice." Which is the **best** response to this colleague?
 - A) "EBP can include clinicians' personal expertise."
 - B) "Personal experience is often more sound than formal EBP."
 - C) "Traditional practice and EBP are usually shown to be the same."
 - D) "My years of experience can be just as valuable as any literature review or randomized trial."

4. A nurse manager is preparing to implement EBP on the unit. Which factor can the nurse prioritize as the most important rationale for the consistent implementation of EBP?
 - A) Provides for the most cost-effective client care.
 - B) Accessible to all healthcare clinicians.
 - C) Provides consistency in care across healthcare settings.
 - D) Improves client outcomes.

5. A group of nurses are preparing to meet with the hospital administration to encourage use of the Institute of Medicine's Roundtable on Evidence-Based Medicine. Which goals of the Roundtable should the nurses prioritize? Select all that apply.
- A) Ensuring that external evidence, rather than internal evidence, is integrated into care
 - B) Fostering the level of learning that exists in the American healthcare system
 - C) Issuing clinical guidelines to ensure best nursing practice
 - D) Comparing the implementation of EBP in the United States with that of other Western countries
 - E) Improving public awareness of the importance of evidence to improve health care
6. A nurse is frustrated that another client has just been readmitted to the unit, and wonders if there needs to be a change in the current care of the clients. Which step should the nurse prepare to complete **first** when utilizing EBP to find answers?
- A) Conducting an electronic search of the literature and ranking individual sources
 - B) Creating “buy-in” from the other clinicians who provide care at the facility
 - C) Developing an inquisitive and curious mindset
 - D) Assessing whether the practices in question may, in fact, be evidence based
7. Several nurses are interested in utilizing EBP to provide better client care. Which question **best** articulates the EBP process?
- A) What effect does parents' smoking have on the smoking habits of their children aged 13 to 16 years?
 - B) Among clients with cancer, what role does meditation, as compared with the use of benzodiazepines, have on anxiety levels during the 7 days following hospital admission?
 - C) Among undergraduate college students, what is the effectiveness of a sexual health campaign undertaken during the first 4 weeks of the fall semester as measured by incidence of new gonorrheal and chlamydial infections reported to the campus medical center?
 - D) In clients aged 8 to 12 years, is the effectiveness of a pain scale using faces superior to a numeric rating scale in the emergency room context?
8. A nurse, conducting an EBP search, is evaluating various types of reports. Which type of report will provide the **best** information for this nurse?
- A) A statistical summary of the results from several different studies
 - B) An examination of the theoretical and conceptual underpinnings of the issue
 - C) An interdisciplinary analysis of the clinical question
 - D) A qualitative study of different interventions related to the clinical question

9. The nurses on a postpartum unit want to create uniform guidelines for promoting breastfeeding on the unit. Which sources are most likely to provide the **best** evidence?
- A) A randomized controlled trial (RCT) that had more than 2,500 participants
 - B) A study that is widely regarded as a classic within the obstetrical nursing community
 - C) A systematic review of breastfeeding promotion studies that one of the nurses identified in an electronic database
 - D) The consensus opinion of the most senior nurses on the unit
10. A team of nurses are evaluating some current practices on the unit to see if changes are warranted. Which guideline should the nurses prioritize as they implement EBP?
- A) The result of replication studies of existing research by an impartial third party
 - B) A collection of authorized interventions that are required by law
 - C) A number of interventions that are the result of a large, publically funded RCT
 - D) A group of practice recommendations that result from a rigorous review of the literature
11. A nurse is conducting a literature review on the evidence regarding the use of vacuum dressings on pressure ulcers. After locating a recent study that appears to be relevant, which question should the nurse prioritize when critically appraising the study?
- A) “Are the findings of this study cost-effective in our clinical context?”
 - B) “How would the implementation of this intervention affect our staffing needs?”
 - C) “Were the clients in the study similar to the clients on my unit?”
 - D) “Are the findings of the study significantly different from what we are currently doing on the unit?”
12. The health care provider of a 49-year-old male client has examined and briefly explained the evidence that supports beginning regular digital rectal examinations. Which factor would justify not performing digital rectal examinations in this client's care?
- A) The client is vehemently opposed to undergoing a digital rectal examination.
 - B) Clinical practice guidelines for prostate care have not been published.
 - C) The clinician has been unable to find any large RCTs in a literature review.
 - D) The clinician has previously waited until clients are age 55 to begin regular digital rectal examinations.

13. A group of nurses are implementing a new, evidence-based infection control regimen on the unit. Which action should the nurses prioritize as the final step?
- A) Calculating the cost savings that will be realized by the new regimen
 - B) Sharing their experience with other healthcare professionals
 - C) Implementing enforcement measures to ensure compliance with the new regimen
 - D) Conducting a meta-analysis of other infection control measures
14. A nurse manager wishes to establish the increased use of EBP in the workplace. Which action by the nurse will **best** promote the increased use of EBP?
- A) Bring in nurses with a baccalaureate level
 - B) Increase nurses' accountability for client outcomes
 - C) Seek increased funding
 - D) Gain support from the practice leaders and administration
15. In the process of advocating for EBP in the unit guidelines, a nurse has met with skepticism from other members of the nursing staff, with several stating, "Evidence-based practice is good in theory, but it's almost impossible to actually search hundreds of journals and find the evidence." What is the **best** response by the nurse?
- A) Encourage self-reflection on the nurses' current practices
 - B) Encourage utilizing the Cochrane Library for initial searches
 - C) Contact the clinical nurse educator on the unit for assistance
 - D) Emphasize use of lay publications before progressing to peer-reviewed journals
16. A new administrator for a health clinic is concerned that some treatments are not as effective as they could be; however, many of the staff believes the EBP process is not effective. Which step should the administrator prioritize in response?
- A) Leave the current treatments in place.
 - B) Present real-case scenarios in which EBP resulted in better care and long-term results.
 - C) Change one treatment at a time until EBPs are implemented.
 - D) Assign small focus groups to research EBP to implement.
17. A nurse is searching for recent information concerning the most effective follow-up method for clients following bariatric surgery to maintain weight loss. Which question is appropriate for the nurse to consider when appraising a study?
- A) "Were there control groups from my area?"
 - B) "Did the studies cover at least a year in follow-up?"
 - C) "Were the subjects randomly assigned to a group?"
 - D) "Will these methods be effective for everyone?"

18. A nursing supervisor is encouraging the increased use of EBP and is requesting appropriate reports to reference. Which component of EBP does the nurse prioritize?
- A) Patient preference
 - B) Internal evidence
 - C) External evidence
 - D) Research utilization
19. A group of hospital clinicians have evaluated the current technique being used for preventing pressure sores and recommend a change. After an extensive review, which sources were used to determine the **best** recommendations for the change? Select all that apply.
- A) Evidence from a meta-analysis of relevant RCTs
 - B) Reviews funded by the Agency for Healthcare Research and Quality (AHRQ)
 - C) Systematic Internet searches
 - D) Traditional practices
 - E) Cohort studies without the use of control groups
20. A nurse is interested in working for a Magnet-designated hospital. Which components should the nurse be aware that this hospital will employ? Select all that apply.
- A) Empirical quality results
 - B) Transformational leadership
 - C) Exemplary professional practice
 - D) Enforcement of effective methods
 - E) Yearly inservices

Answer Key

1. B
2. D
3. A
4. D
5. B, E
6. C
7. B
8. A
9. C
10. D
11. C
12. A
13. B
14. D
15. B
16. B
17. C
18. C
19. A, B
20. A, B, C